

## FRESNO KENPO KARATE CHALLENGE CARD

For Basic Students

(Please initial when you have completed) (you will receive credit on your card for class towards your next rank)

### BASICS & TECHNIQUES:

1. Complete 20 leg lifts both sides and Front and Side \_\_\_\_\_
2. Complete 20 seated leg lifts both sides \_\_\_\_\_
3. Complete 20 rear leg snap kicks both sides \_\_\_\_\_
4. Complete 20 step thru roundhouse kicks both sides \_\_\_\_\_
5. Complete 20 side thrust kicks both sides \_\_\_\_\_
6. Complete 20 outward hand swords both sides \_\_\_\_\_
7. Complete 20 back hammer fists both sides \_\_\_\_\_
8. Complete 20 Sword and Hammer technique \_\_\_\_\_  
(Recommend having someone help, so you can apply the technique)
9. Complete Job Lists, Reading card, Etc.... \_\_\_\_\_ (for extra Attitude Stripes)
10. Complete an example of using the Weekly Mat Chat \_\_\_\_\_ (for Extra Attitude Stripes) (not required)  
(optional)

If under 18, have parent sign off on bottom.

Date: \_\_\_\_\_

### **Signature**

( ) I or my child has completed the above challenge.

1. Watch Weekly Videos for Sword and Hammer, techniques or Demo. You can take a pic of your completed challenge card and text it to us or email it to us at [fresnokenpokarate@gmail.com](mailto:fresnokenpokarate@gmail.com) or post it the Kenpo challenge group. Go to Fresno Kenpo Karate Facebook page to get the link to the private group.
  2. You should also post up videos of yourself on our private group on Facebook.
  3. Text or Contact Mr. Hoskins at 304-5670, or Mr. Perez 304-7571 to join the group.
  4. You can download forms off our student website ([www.fresnokenpokarate.com](http://www.fresnokenpokarate.com)) or on our private group site.
  5. Challenge cards will change every week, so you can keep up with ongoing class!
  6. Print out Job lists, Self-Discipline cards, Reading cards, Karate homework, Kilos, ect... on our student site ([www.fresnokenpokarate.com](http://www.fresnokenpokarate.com)) to receive Extra Attitude Stripes! Take a pic of completed card and text to us!
  7. The Mat Chat for this week is: Total Self-Confidence: If you receive a compliment, don't let it go to your head and become arrogant.. The way you act, speak and act should be confident, but humble. Think how others will see how you act and carry yourself. How do you show confidence? \_\_\_\_\_
- Mind over Emotion: The ability to control your emotions. How do you act when things do not go your way? Do you frown, cry, or throw a fit? Do you think before you speak? Especially if you're upset. Have you tried settling down for a bit, instead of snapping back right away? Think of a time you got upset, and how you handled it. Do you think you could have handled it better? Next time I get mad or upset, I will handle it by: \_\_\_\_\_